

## Fruit Cup 2

*Yield - Portion Size - 3 oz., with juice*

*Portion Count – 50*

*Yield - approx. 1 gal. + 3 cups*

### **Ingredients**

2 lbs. 13 oz. canned grapefruit sections  
2 lbs. 8 oz. canned sliced peaches  
1 lb. 12 oz. canned pineapple chunks  
2 lbs. 3 oz. **frozen cherries**, thawed  
9 ea. fresh oranges, peeled and chunked  
5 ea. bananas, peeled and sliced  
1 qt. + 2/3 cup reserved liquid

### **How to Prepare**

1. Drain canned fruit before combining, reserving juices.
2. Place in bowl.
3. Add oranges and bananas.
4. Pour juice over all.
5. Mix lightly; chill.
6. Serve chilled at a temperature of 40° F.

### **Nutrition Information Per Serving:**

Calories = 76	Carbohydrate = 19 g	Vitamin A = 18 RE
Fat = 0 g	Dietary Fiber = 1 g	Vitamin C = 22 mg
Saturated Fat = 0 g	Sodium = 2 mg	Calcium = 18 mg
Protein = 0 g	Cholesterol = 0 mg	Iron = 0.3 mg

Recipe provided by the Pennsylvania State University. (Note: This recipe has not been standardized or tested by USDA). For additional information, including recipes, visit the [Cherry Marketing Institute](http://www.cherrymkt.org) website at: [www.cherrymkt.org](http://www.cherrymkt.org).

Recipe Category:	Desserts
Key USDA Commodity:	Frozen Cherries
Food Group:	Fruits & Vegetables
Fact Sheet Database:	FD website: <a href="http://www.fns.usda.gov/fdd/facts/schfacts/cats.htm">www.fns.usda.gov/fdd/facts/schfacts/cats.htm</a>
E-mail Comments to	USDA/Food Distribution Division at <a href="mailto:fdd-psb@fns.usda.gov">fdd-psb@fns.usda.gov</a>